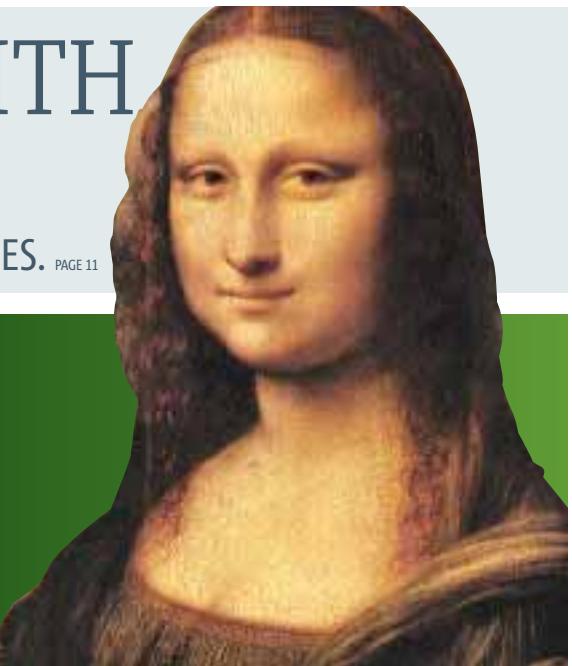


BOOKS. WHAT'S UP WITH MONA LISA'S SMILE?

AUTHOR DIANNE HALES OFFERS SOME UNEXPECTED THEORIES. PAGE 11

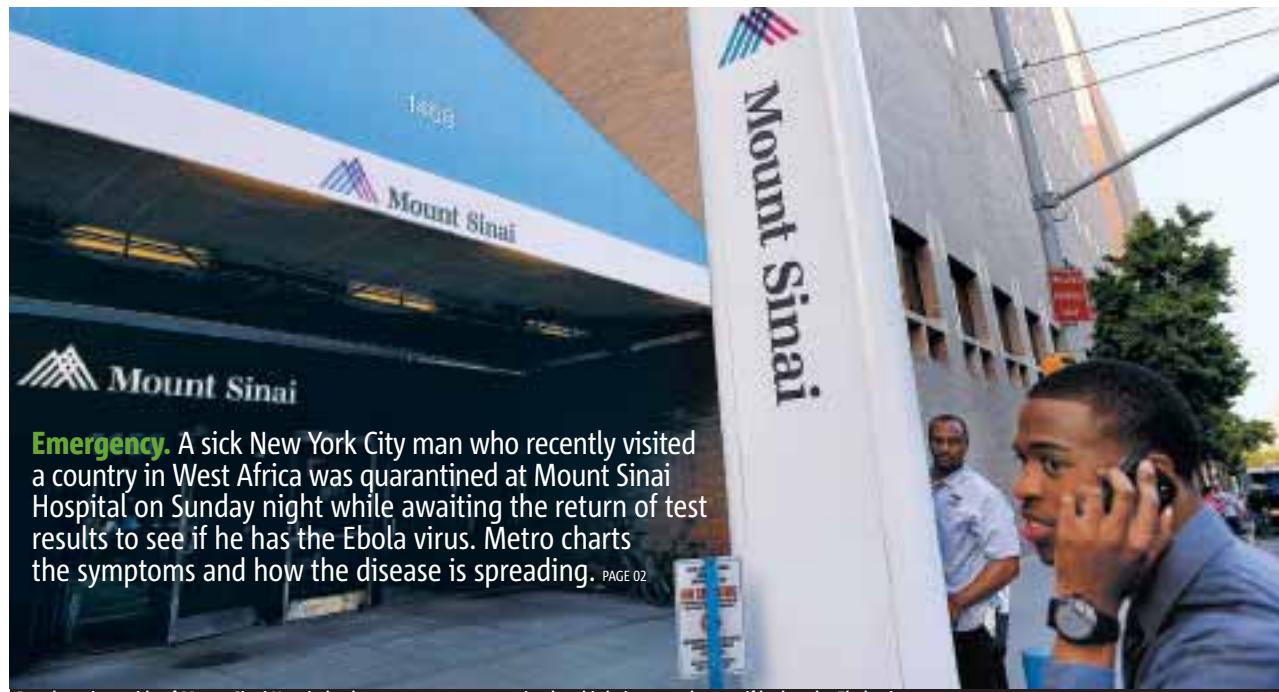


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Tuesday, August 5, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

Man tested for possible Ebola virus at hospital



Emergency. A sick New York City man who recently visited a country in West Africa was quarantined at Mount Sinai Hospital on Sunday night while awaiting the return of test results to see if he has the Ebola virus. Metro charts the symptoms and how the disease is spreading. PAGE 02

People wait outside of Mount Sinai Hospital, where a man was quarantined and is being tested to see if he has the Ebola virus. GETTY IMAGES

A brand new 'Child' for James Franco

PAGE 13

Toronto has more going for it than Rob Ford

PAGE 16

Wilson calls it a career with Giants after injury

PAGE 21



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1 NEWS

Today's tweet

"It's gonna take a virus a whole lot tougher to bring New York down. Have you seen our subways? Our immune systems are godlike."

@AlexJamesFitz



Top 3

What's trending online at Metro.us

1 'Did Lamar Odom make Rob Kardashian fat?'

2 'VIDEO: Drunk man gets the hose'

3 'Recipe: Make Wolfgang Puck's healthy tomato strata'

The return of Ebola

An American doctor stricken with the deadly Ebola virus while in Liberia and brought to the United States for treatment in a special isolation ward is improving, a top U.S. health official said. Dr. Kent Brantly was able to walk, with help, from an ambulance after he was flown on Saturday to Atlanta.

Disease

Ebola is a virus that is found naturally in certain species of bats inhabiting in wooded areas of Africa. Since their emergence in 1976 there have been 18 outbreaks in countries like the Democratic Republic of Congo, Gabon, Uganda and Sudan.

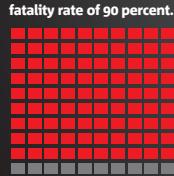


Five species of Ebola

All of them are named after a river near the epicenter of the first outbreak in the Democratic Republic of Congo. By the place and year of discovery:

Sudan and Zaire (1976)
Reston (1989)
Ivory Coast (1994)
Bundibugyo (2007)

The Ebola virus can have a fatality rate of 90 percent.



How is it transmitted?

Through direct blood contact or other body fluids, or through indirect contact with an environment containing contaminated fluids. In Africa, there have been documented infection cases that are associated with the handling of infected chimpanzees, gorillas, fruit bats, monkeys and antelopes.



Symptoms

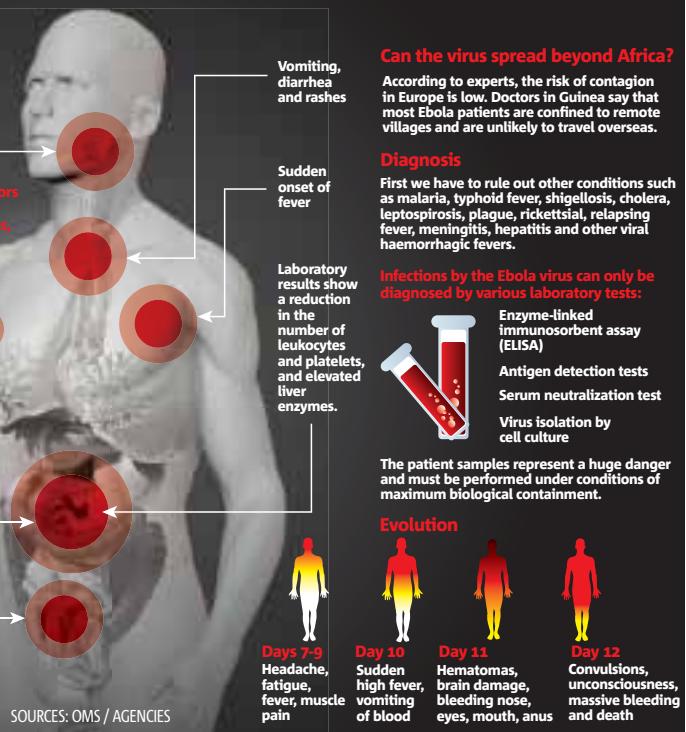
Muscle weakness and intense headaches and throat pain

There is no known cure for Ebola. Instead, doctors take on this virus by tackling early symptoms, by strengthening patients' immune system.

When an infected person dies, the virus in their body does not perish immediately. The virus can live in the bodily fluids of dead organisms for a certain period.

Internal and external bleeding

Renal and hepatic dysfunction



SOURCES: OMS / AGENCIES

Can the virus spread beyond Africa?

According to experts, the risk of contagion in Europe is low. Doctors in Guinea say that most Ebola patients are confined to remote villages and are unlikely to travel overseas.

Diagnosis

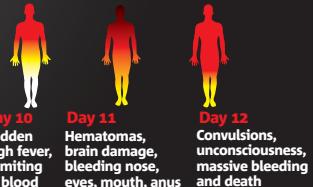
First we have to rule out other conditions such as malaria, typhoid fever, shigellosis, cholera, leptospirosis, plague, rickettsial, relapsing fever, meningitis, hepatitis and other viral hemorrhagic fevers.

Infections by the Ebola virus can only be diagnosed by various laboratory tests:

Enzyme-linked immunosorbent assay (ELISA)
Antigen detection tests
Serum neutralization test
Virus isolation by cell culture

The patient samples represent a huge danger and must be performed under conditions of maximum biological containment.

Evolution



Man quarantined as city awaits Ebola test results

Manhattan. The patient was placed in quarantine while the results of the test are waiting to be returned.

A man was kept in isolation on Monday while doctors tested him for a possible Ebola infection.

On Monday afternoon, officials at Manhattan's Mount Sinai Hospital confirmed that an unidentified man who recently traveled to West Africa was put in quarantine for testing after he showed symptoms thought to be consistent with the Ebola virus.

"After consultation with CDC [Centers for Disease Control and Prevention]



Jeremy Boal, chief medical officer for Mount Sinai Health System, right, and David Reich, president of Mount Sinai Hospital, talk to the press about the quarantined patient. / GETTY IMAGES



Visit Metro.us to keep up with the latest on the Mount Sinai case.

Waiting for results

Doctors urged caution until final confirmation.

- There was no indication of when results of the test would be released, and doctors declined to reveal details about the patient — including whether he's a U.S. citizen and what country he traveled to.

tion] and Mount Sinai, the Health Department has concluded that the patient is unlikely to have Ebola. Specimens are being tested for common causes of illness and to definitively exclude Ebola," officials with the city agency said late Monday.

The man reported to the hospital's emergency

room on Sunday evening showing signs of gastrointestinal problems and high fever.

However, officials said he did not display any of Ebola's known risk factors for a person who visited an Ebola-endemic country.

More than 880 people have reportedly died in Sierra Leone, Liberia and

Guinea from the deadly virus.

"The patient has been placed in strict isolation, and is currently undergoing medical screenings to determine the cause of the symptoms," the hospital wrote in a statement when news of the possible infection broke.

"If this were a case of Ebola, which we do not know, it is not transmitted by casual contact," Mount Sinai President David Reich told reporters Monday evening.

While the cause of outbreaks are hard to tell, experts say that the virus can be transmitted between humans but cannot be caught through air, food or water.

 CHESTER SORIA
@chestersoria
chester.soria@metro.us

New York City

Young inmates at Rikers Island subject to excessive force

A federal investigation found the Department of Corrections fails to protect young inmates held at Rikers Island.

In a letter to Correc-

tions Commissioner Joseph Ponte, federal prosecutors allege "a deep-seated culture of violence is pervasive throughout the adolescent facilities at Rikers," and that

officers rely too much on force and what amounts to solitary confinement for young offenders.

Preet Bharara, U.S. attorney for New York's Southern

District, described the conditions for young men at Rikers more like "Lord of the Flies" than the safe, humane detention center they're entitled to. **CHESTER JESUS SORIA**

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SECOND SHIFT

Creative ways city dwellers make ends meet

EMILY LAURENCE
Contact us if you have a story to tell:
emily.laurence@metro.us



The stats

Santiago Steele

Age: 42
Residency: Upper West Side
Lives: Alone
Number of jobs: 2

We all know living in the city is expensive, so how does the average person make it work? Our Second Shift series features people who get creative when it comes to making ends meet. This week, meet Santiago Steele, a real estate agent at Citi Habitats who teaches tango on the side.



Santiago Steele / PROVIDED

Being a real estate agent must mean you have to work around the clock. Do you designate any day as your day off, refusing to work or show apartments that day?

You may not work the whole weekend, but you work a few hours a day at least. ... The benefit of having some assistants under me is that they will show apartments in the evenings. Otherwise I would never have any time to myself.

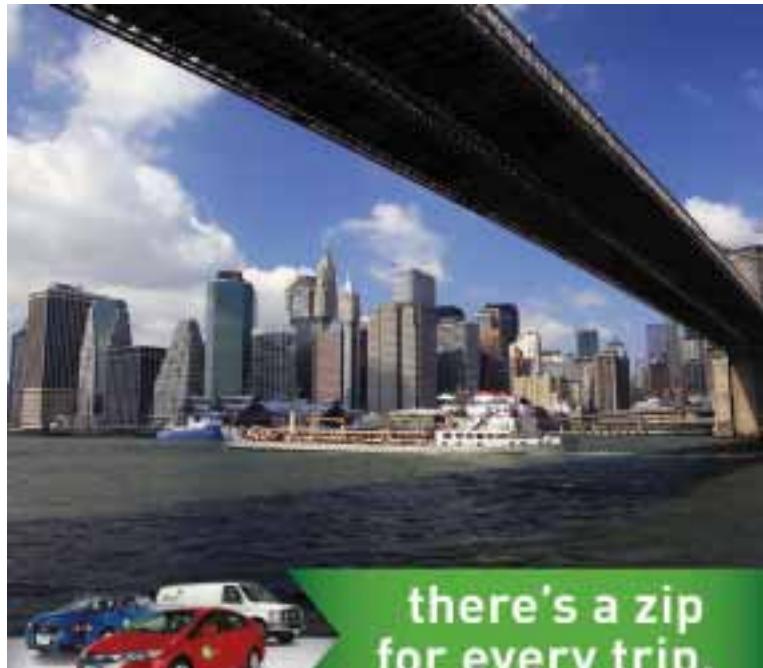
Where do you teach tango?

I usually rent a studio

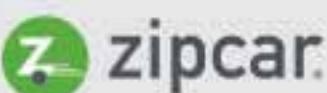
space and teach two to three classes a week there. I used to host parties every Saturday, but I'm taking a break from that for a while. Right now I'm actually teaching my own classes as well as the occasional seminar.

How did you get into it?

I was living in San Francisco and I'd always wanted to do some sort of dance, so I started taking some classes. I studied abroad in Argentina for a year and a half, and tango was a way to connect to the local people.



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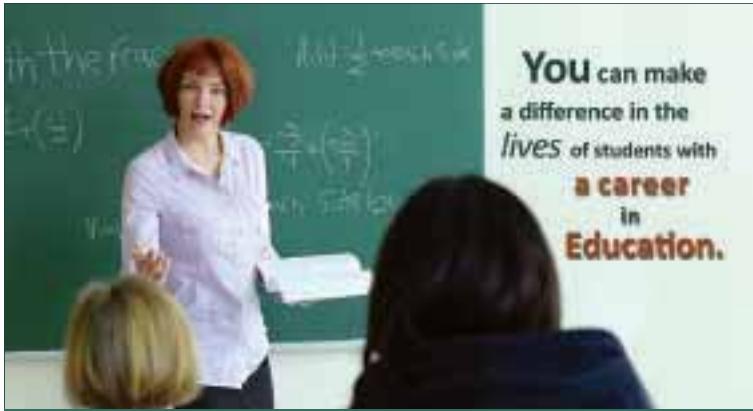


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War of the

Manhattan.

Volunteers play a crucial role in the park's battle against invasive plants.

A porcelain berry vine snaked through a bramble inside the North Woods of Central Park, slowly choking trees, flowers and bushes.

John Cannelli, 62, reached into the greenery and deftly ripped the vine out.

"It's the never-ending war against the weeds," said Cannelli, a Central Park Conservancy volunteer.

On the front lines in Central Park's battle against invasive plants, volunteers play a crucial role in literally weeding out potentially harmful species like the porcelain berry. Invasive plants can starve out other species by stealing nutrients and, left unchecked, could overtake



Michael Delillo, a Central Park Conservancy worker, pulls out invasive and harmful plants that grow in Central Park. / BESS ADLER, METRO

By the numbers

75%

Managing invasive species can consume 75 percent of the Central Park Conservancy horticulture team's time in warmer months.

the entire park.

The Conservancy will use herbicides as backup, but manual weeding is done whenever possible and some 257 horticulture volunteers may help with that effort.

On a mild July morning last week, Cannelli and two other volunteers worked

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weeds



to remove porcelain berry from the bramble.

"By next week it will be back or something else will be in its place," said Michael Delillo, the field volunteer program's coordinator.

Porcelain berry vines can grow up to 15 feet long and are native to northeast Asia and Russia's Far East,

according to the National Park Service. They were introduced in America as a landscape plant, but spread quickly.

With natural competition and predators, an invasive species isn't damaging in its own habitat, said Maria Hernandez, the Conservancy's director of horticulture.

"But in the right environment it will become incredibly invasive," she said.

Volunteers have been weeding invasive species from the small bramble for over a year. Though the work is frustrating, the group said volunteering gives them a chance to spend time outdoors.

Carol Baron, 72, said she likes seeing glimpses of new life while ripping out the weeds.

"What I love about gardening is seeing things grow," she said.

 **ANNA SANDERS**
@AnnaESanders
anna.sanders@metro.us

Manhattan



Ancient coins returned after collector prosecuted

Five ancient Greek coins were returned to the Hellenic Republic on Monday after a collector was prosecuted in New York, officials said.

They were part of a case against Arnold Peter Weiss, a hand surgeon, who was arrested during a coin auction at the Waldorf-Astoria in January 2012.

As part of a plea agreement, Weiss forfeited 23 ancient coins from his collection. Five were deemed authentic, officials said.

Two coins have been returned to a previous owner and three will be studied and displayed at the Numismatic Museum of Athens.

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The rules have changed. Sadly, most people still operate under the old money paradigm: go to school; get a job; work hard; save; invest in a 401k, etc. How's that working out for you? For most people, it's NOT!

Investors Get Money To Work For Them

If you cling to the old money paradigm, you will have to work harder and harder. Investors get money to work for them, instead of constantly working for money. The poor and middle class buy liabilities they mistake for assets. Investors acquire assets.

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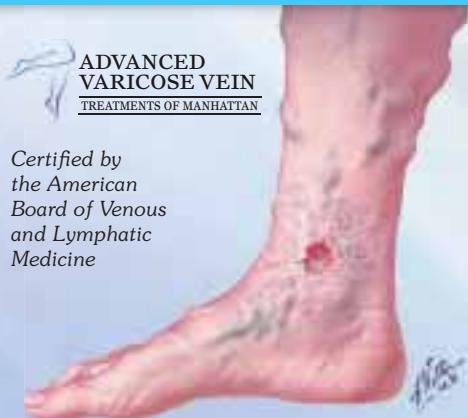
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NEWS 8

James Brady, wounded in Reagan shooting, dies at 73

Gun violence prevention. A wound to Brady's head left him partially paralyzed.

James Brady, who became a leading proponent of gun limits after he was grievously wounded in a 1981 assassination attempt on his then-boss, President Ronald Reagan, has died. He was 73.

Brady, who used a wheelchair since the shooting, died from multiple health complications, according to Jennifer Fuson, a spokeswoman at the Washington-based Brady Campaign to Prevent Gun Violence. No further details were provided.

Brady became White House press secretary when Reagan took office in January 1981. Just two months later, on March



James Brady / GETTY IMAGES



Brady and a police officer on the ground after being shot. / GETTY IMAGES

The Brady Bill

With his wife, Sarah, Brady helped lead the Brady Campaign, formerly known as Handgun Control Inc.

- The 1993 law requiring federal background checks of gun buyers in the U.S. was titled the Brady Handgun Violence Prevention Act.

30, Reagan, Brady and two law-enforcement officers were struck by bullets fired by John Hinckley in an assassination attempt outside a Washington hotel.

Though Brady never returned to work as press secretary, the Reagan administration maintained his title for the rest of its almost eight years in office. Daily White House press conferences are held

in what is now called the James S. Brady Press Briefing Room.

James Scott Brady was born on Aug. 29, 1940, in Centralia, Illinois, according to a biography on the Brady Campaign website. He graduated in 1962 with a degree in political science from the University of Illinois at Urbana-Champaign, where he was on the wrestling team.

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Hackers



Passenger jets at risk of cyber attack

Cyber security researcher Ruben Santamarta says he has figured out how to hack the satellite communications equipment on passenger jets through their Wi-Fi and in-flight entertainment systems. If confirmed, this claim could prompt a review of aircraft security.

Santamarta, a consultant with a cyber security firm, is scheduled to lay out the technical details of his research at this week's Black Hat meet-up in Las Vegas, an annual convention where thousands of hackers and security experts meet to discuss emerging cyber threats and improve security measures. REUTERS

3 Ways to make millions when you're young

I became a millionaire before my 22nd birthday. Most people think it takes decades to achieve this kind of success, but they're wrong. Here are three tips to becoming a millionaire when you're young:

Deprioritize traditional schooling

I know, I know, everyone loves the slogan "stay in school" because school teaches you so much and a degree leads to financial security over time in the form of steady employment. But if you want to make millions when you're young, you have to disregard such nonsense as years of student loans and then a possible middle class-paying 9-to-5 job that won't make you rich anytime soon.

I'm not saying to quit school entirely, just deprioritize it and spend more time on activities that CAN make you rich and successful at a young age.

Be passionate and practice, practice, practice

The world is a fast-changing

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TIMOTHY SYKES

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Timothy Sykes is a millionaire stock trader and entrepreneur.



For exclusive commentary, visit Metro.us/blogs.

What Sykes likes this week

Reviews of the newest Marvel superhero movie "Guardians of the Galaxy" are incredible, I can't wait to see it!

This week I'm taking my girlfriend to the Jay Z & Beyoncé "On the Run" Tour. I'm already loving it because of the anticipation!

The stock market had its worst week in two years, GOOD! We're long overdue for some consolidation, it's healthy and much needed.

place, but one constant remains: There's huge value in being a true expert at something. To do that, you will need to work harder than you ever thought possible to refine your skills — so you'd better enjoy your chosen profession, because it's your life.

I made \$100,000-plus in my senior year of high school and then \$700,000-plus during my freshman year of college by trading penny stocks, my chosen passion, and that planted the seeds for my consistent seven-figure-per-year earnings these days.

Know the odds and opportunity

Understand that your loved ones prioritize schooling, since it's a tried-and-true method of getting a good job while the odds of becoming rich when you're young are very small. But don't overestimate security and underestimate your potential. As Eminem says, "As we move to a new world order, a normal life is boring." And even if you don't succeed at getting rich when you're young, by honing your passion and becoming an expert at your chosen profession you will likely reap the rewards later

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CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.



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Is there anything left to tell, Lilo?

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know,



Like everybody else, Lohan is currently in Ibiza.

ALL PHOTOS GETTY IMAGES

put everything out there? She has lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting ['50 Shades of Grey' author] E.L. James," the source says.

Talking point

'Big Bang' cast get big bang contracts

"The Big Bang Theory" stars Jim Parsons, Johnny Galecki and Kaley Cuoco have

reached agreements in their contract renegotiations with Warner Bros. TV for the hit CBS sitcom, putting production for the show's new season back on track,

Jay and Bey: On the Run from each other?

More rumors of marital trouble for Jay Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to the On the Run tour's planned finale in September. "They're not just staying in different hotel rooms, but they have booked separate hotels, and they arrive separately to each show." The couple



Come September, you might never see this PDA again.

reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

Now in teen breakup news

Brooklyn Beckham, the 15-year-old son of David and Victoria Beckham, has reportedly called things off with his first girlfriend in order to spend more time with 17-year-old "Carrie" star Chloe Grace Moretz. "He broke up with her just a few weeks ago, right before she was set to take him to prom," a source tells E! News. E! News, as it turns out, apparently has sources at all the best private schools. Up next, E! has an exclusive story on the totally mean thing Sydne said about you in Honors bio. Can you believe it?



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Things we bet you never knew about Mona Lisa

She survived the odds

Lisa Gherardini del Giocondo lived in Florence during the Renaissance, at a time when one in four women died in childbirth. Through her research, Hales found that Lisa gave birth to six children, two of whom died at a young age. "She wasn't just a cipher," Hales says. "This is a woman who sat before Leonardo with many life experiences."



DIANNE HALES

Though married, she was drawn to convent life

When Lisa's daughters reached marital age, she placed them in a convent and after her husband died, she moved into a convent herself. "Catholicism was part of it, but within these

convents, girls were educated, could sing, embroider. ... I'm not glorifying its life, but they could be accountants and have careers of sorts," says Hales.

Nonfiction.

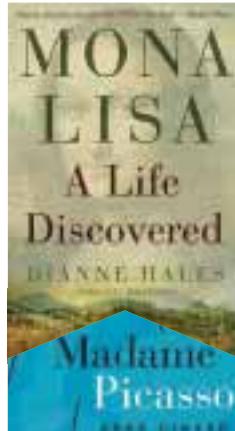
A new book sheds light on the mostly unknown life of Leonardo da Vinci's muse.



EMILY LAURENCE
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Her family was scandalous

Lisa's family history is far from squeaky clean. Her father was an impoverished noble and always avoiding bill collectors. Because he couldn't afford a dowry to marry off all his daughters, Lisa's younger sisters were placed in a convent. "One night, some young men climbed the walls and an observer saw them and the sisters engaged in 'obscenities,'" Hales says. "The young men had to go to trial. And I bet there was hell to pay for the girls in the convent!"



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book picks for
art lovers.

She's one of the most famous — and famously mocked — women in history. The notorious painting by Leonardo da Vinci has been co-opted to show Mona Lisa doing everything from smoking a cigar or drinking a beer to taking a selfie. And even while the painting is adored by the 9 million people who flock to

the Louvre each year to see the work encased in bulletproof glass, it's revered by viewers who know very little about da Vinci's muse. Dianne Hales is attempting to change all of that with her new book, "Mona Lisa: A Life Discovered." Here, the author shares some of the juiciest bits about history's greatest enigma.

Da Vinci was obsessed with his painting of her

Although the painting is worth at least \$100 million today, da Vinci was never paid for it, mostly because he never seemed completely finished with it. "He kept the painting with him for the rest of his life," says Hales. "I think there was something in her face or her presence that intrigued him. ... He kept coming back to this portrait and adding things to it. ... I have a feeling that Lisa had a particular hold on his imagination."

She was the subject of the first tabloid story

After da Vinci died, the king of France bought the painting; it later hung in King Louis XIV's bedroom and then Napoleon's after that. "It went through periods of obscurity, but then in the 19th century, the Romantics discovered it," explains Hales. In 1911, the painting was stolen. This was at a time when the tabloids had just been invented, and the news was sensationalized and written about all over the world.

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TV watch list

DRAMA



'Rizzoli & Isles'

The death of a woman outside a club leads the team to work extra hard to protect the only witness once it's revealed that it was a contract killing.

9 P.M., TNT

DRAMA

'Chasing Life'

April gets ready for her first round of chemo, but

APRIL TRIES TO ENJOY A LITTLE
RELAXATION BEFORE HER
HOSPITAL STAY.

ABC FAMILY

learns that drama in her life doesn't necessarily take a break when she wants to relax. Meanwhile, Brenna tries to split her time between Kieran

Side," Bullock jumped from seventh place on the previous Forbes earnings list to the top spot between June 2013 and June 2014.

"Hunger Games" actress Lawrence, 23, came in second for the second consecutive year, with estimated earnings of \$34 million, while Aniston, 45, climbed one spot to No. 3 with \$31 million.

Gwyneth Paltrow, 41, who made an estimated \$19 million, and Angelina Jolie, with \$18 million, rounded out the Top 5. Jolie, 39, dropped from No. 1 last year. Scarlett Johansson came in seventh with \$17 million. **REUTERS**

and Greer. 9 P.M., ABC FAMILY

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James Franco directs on the set of his Cormac McCarthy film adaptation "Child of God." / WELL GO USA

James Franco: Film director

Quietly, actor James Franco has amassed a considerably large and prolific career as a filmmaker. And it's a diverse lot: There are documentaries and faux-documentaries, plus literature adaptations that tackle tough novels. Last year he made a film of William Faulkner's "As I Lay Dying." He followed that up by diving into Cormac McCarthy's "Child of God," an early work sketching the miserable and deeply unpleasant life of a mountain man (Scott Haze).

What attracts him to McCarthy

"His writing is in line with so many classic American authors that I love, Faulkner and Melville in particular. But he has this other aspect, which is the violence. I'm not attracted to violence for violence's sake. But it gives [his novels] this weird authenticity that breaks through what I feel is the normal barrier of fiction."

Working with Scott Haze

"There was a lot of room to let Scott explore and live as the character, because there are so many scenes where he's isolated. I learned in '127 Hours' that you can film it in such a way that you can allow the actor to just live it out in long takes. We had two cameras going all the time, so we could cut between different angles and he could do it for 20

minutes. Because he gets to just live it out, the behavior's much more authentic."

Going into his films with an open mind

"That's how I work as a director. I want to discover things as we make it, and I want other people to help me discover them. I want my actors, the designers, the photographers, the editors to help me discover them. At the same time, there is some structure. I'm drawn to adaptations, which already have a structure built in. It's a mix of discovery and planning."



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Up next



Franco as Tommy Wiseau

Next year Franco will start shooting his adaptation of "The Disaster Artist," Greg Sestero's best-seller about the making of "The Room," the new worst-movie-ever cult classic. Franco will direct and play the notorious director Tommy Wiseau opposite his

Interview. The multitalented artist likes a challenge, which explains adapting Cormac McCarthy's "Child of God."

brother Dave as Sestero, with a script by Scott Neustadter and Michael H. Weber, the team behind "The Fault in Our Stars."

"I want to involve [Wiseau] as much as possible. ... But I also don't want him to try and take it over," Franco says of working with the man he portrays. When asked what Wiseau's like to deal with, Franco says, "Everything you'd expect."

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FILM 14



Here's a rare shot in "The Hundred-Foot Journey" of Helen Mirren (almost) smiling. / FRANCOIS DUHAMEL

Cooking with Helen Mirren

Interview. The British actress takes on food and a French accent in "The Hundred-Foot Journey."

intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in "The Hundred-Foot Journey," in which she plays the owner of a Michelin-starred restaurant who is not thrilled when an Indian restaurant opens across the street from her legendary south of France bistro. The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch. As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says. His off-screen persona, it seems, was not too far off from the one he portrayed onscreen. "He would cook Indian food for everyone and make a family feeling on the set. He created this little family who comes to France. He was brilliant."

Shape-shifting

Becoming French

Mirren achieves a rather unusual lifelong goal with her role in "The Hundred-Foot Journey" — or at least one difficult to achieve, even for her. "I'm dying to be a French actress," she says with a laugh. "I really wanted to play Madam Mallory because she's French! It was my pathetic attempt at being a French actress."

Encouragement

Her director

When choosing a project at this point in her career, there are several things that need to be factored in. But first and foremost is who is helming the ship. "The primary thing is the director," Mirren said. She sure got a talented one here with Lasse Hallstrom ("The Cider House Rules"). There was something he brought to set for his actors that was integral: "It's pathetic that we need to be encouraged, but we do," she admits. "And he did that immensely."

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Caught a Ghost offer new twist on old sounds

The first song on Caught a Ghost's new album, "Human Nature," opens with a dragging beat that doesn't sound like any standard percussion. That's because it isn't. "There's spoons and a saw blade and a deck of cards on that track," says lead singer Jesse Nolan.

Nolan, the L.A.-based musician behind Caught a Ghost's soul-based sound, was trying to create a sound everyone would enjoy. "What two things do people really love? They really love soul music and they really love '90s rap. Everybody who actually likes music likes those two things, so let's see if we can get them to sit side by side," says Nolan.

The result is a sound both smooth and jagged. Nolan wails, mutters, then croons across the whole album, backed by actress Tessa Thompson, who the TV-loving music fan might recognize from "Veronica Mars" or the upcoming film "Dear White People."

"Human Nature" mixes a soul sound with lots of sampling, which would be where the '90s rap comes in.

"What I think is so cool about sampling is that you can capture that human element in really small pieces. You're almost like a collage artist hinting at little pieces of work that

Quoted

"Collaborating is, I think, more energizing and fun than working by yourself like a mad scientist for hours and hours."

Nolan



Catch the dapper duo tonight at the Gramercy Theatre (127 E. 23rd St., New York). Tickets are \$21.50 at www.venue.thegramercytheatre.com. / SHELBY DUNCAN

in and of themselves have their own life," says Nolan, who grew up listening to Dr. Dre, but also the blues and soul music his father loved.

"He was always sort of force-feeding me records for my birthday and stuff," Nolan says with a laugh. While they weren't a hit with the young Nolan right away, he found himself coming back to them, and they proved influential in his musical development.

The album was largely a solo vision, but Nolan may be considering a more collaborative effort next time through. "Col-

laborating is, I think, more energizing and fun than working by yourself like a mad scientist for hours and hours," he says.

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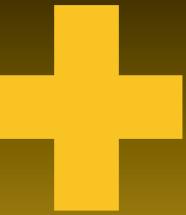
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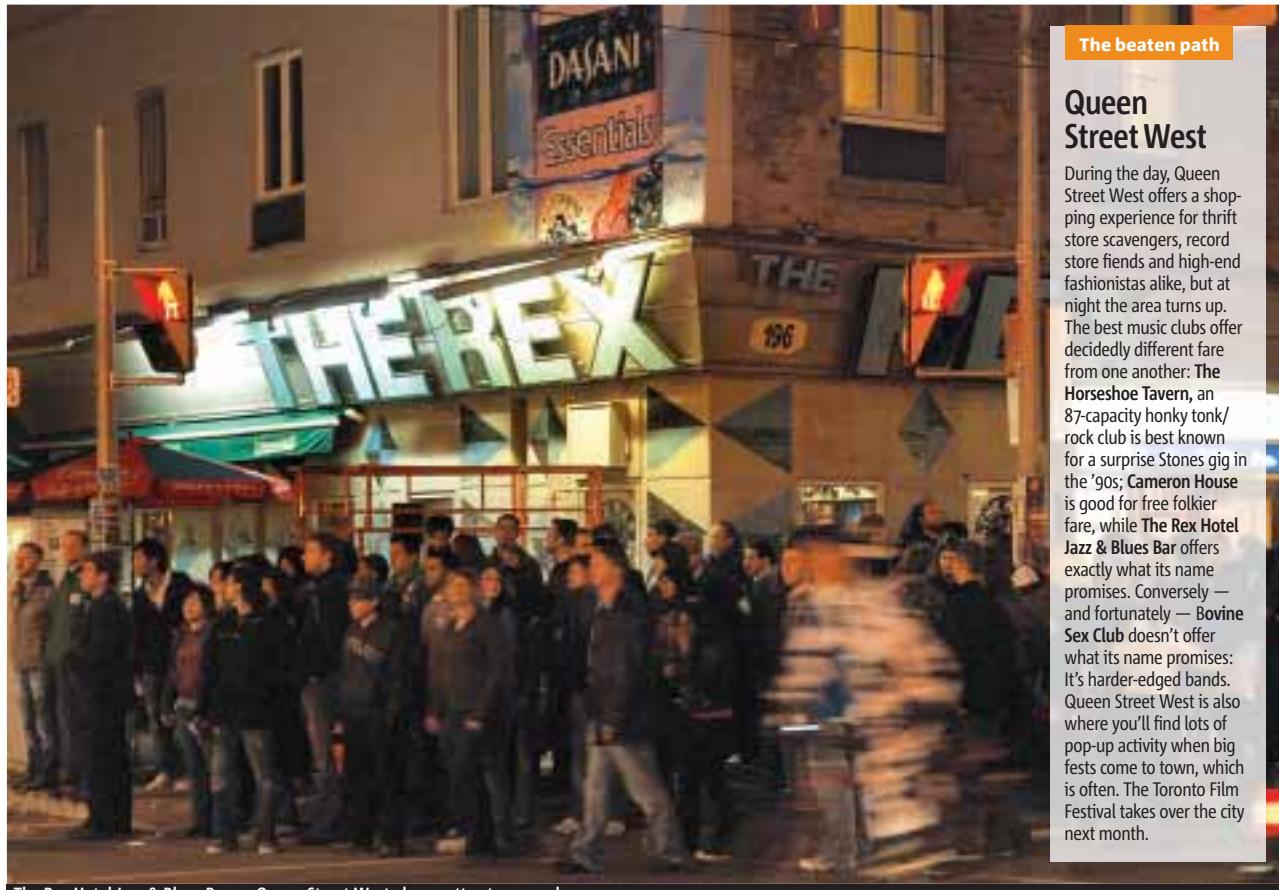
Yes, this purposeful landmark is a tourist trap, but that doesn't mean it's not cool. If looking 1,815 feet down on the city from behind glass isn't enough for you, you can pay \$175 to strap onto the exterior of the tower.

Ripley's Aquarium of Canada

(www.ripleysaquariumofcanada.com)

The highlight of this mammoth aquarium is the tunnel-like tanks that enable you to look up and watch sharks and other creatures swim overhead.

The attractions of Ontario's capital city run the gamut from small must-see art galleries to breathtaking iconic landmarks.



The beaten path

Queen Street West

During the day, Queen Street West offers a shopping experience for thrift store scavengers, record store fiends and high-end fashionistas alike, but at night the area turns up. The best music clubs offer decidedly different fare from one another: The Horseshoe Tavern, an 87-capacity honky tonk/rock club is best known for a surprise Stones gig in the '90s; Cameron House is good for free folkier fare, while The Rex Hotel Jazz & Blues Bar offers exactly what its name promises. Conversely — and fortunately — Bovine Sex Club doesn't offer what its name promises: It's harder-edged bands. Queen Street West is also where you'll find lots of pop-up activity when big fests come to town, which is often. The Toronto Film Festival takes over the city next month.

The Rex Hotel Jazz & Blues Bar on Queen Street West always attracts a crowd. / DOUG BROWN

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Off the beaten path



Yes, that is graffiti of a crack pipe with Mayor Rob Ford's face on it. / PAT HEALY

Little Portugal

The area known as Little Portugal is home to many small art galleries. Though most have a DIY feel, the works within are often so exquisite you'll be shocked they're not behind a velvet rope, with a guard asking you not to stand so close. Dundas Street West is teeming with so many galleries that you may feel like you need a guide to show you what's what. That's where Betty Ann Jordan of Art InSight comes in (www.artinsite.net). Jordan brings an insider's eye and an unparalleled excitement to the proceedings. If you notice a lot of graffiti on the buildings of Toronto and want to learn more about it, there's an informative Walking Graffiti Tour led by the Tour Guys (www.tourguys.ca). The Dundas Street West area is also home to homey little bars such as Get Well, The Red Light and The Communist's Daughter, the latter of which features a band



PUT A DOLLAR IN,
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where the bartender actually plays horn while working the bar. No trip to the area would be complete without a visit to The Monkey's Paw (www.monkeyspaw.com), a bookstore specializing in obscure works that are perfect for quirky gifts. The Paw also features a one-of-a-kind machine that you put a dollar into and get a random book, which you're encouraged to review for the store's blog.



PAT HEALY
metrousmusic
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Advice. Don't let your luggage weigh you down this vacation

Though it takes a deft hand and a bit of practice, packing light makes for a much-less-stressful travel. Keeping everything in one carry-on means less time in airports and less hassle moving around cities. Here is some time-tested advice for packing a bag that contains what you need and only what you need for your next trip.

Stick to the essentials

If you return home from trips with a bag half full of clean clothes, it's time to start packing less. Only pack mix-and-match outfits. Pick a color palette and stick with it. Opt for layers instead of a coat.

Fold wisely

Believe it or not, the way you fold your clothes actually matters. Expert travelers swear by the

Tip

Start with the bag

If you're still using a suitcase you bought several years ago, it may be time to invest in some new, lightweight luggage. Manufacturers like Eagle Creek, American Tourister, Samsonite, Briggs & Riley and Tumi all make super lightweight luggage, so more weight can be dedicated to what's inside.



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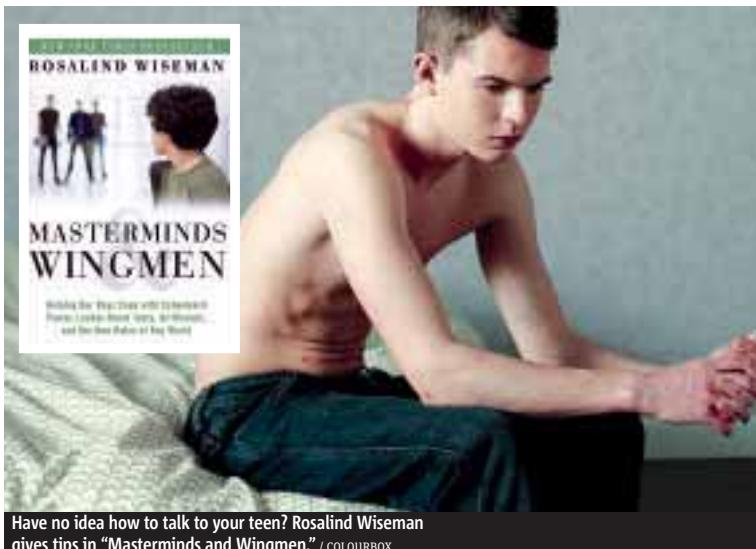
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Have no idea how to talk to your teen? Rosalind Wiseman gives tips in "Masterminds and Wingmen." / COLOURBOX

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The unspoken crisis facing boys

Advice. In "Masterminds and Wingmen," Rosalind Wiseman urges parents to change the way they think about and talk to boys.

Rosalind Wiseman's "Queen Bees and Wannabees" — the book that inspired the movie "Mean Girls" — changed the way we view girls' friendships. Now, she's sparking a conversation about boys. With shocking stats, such as that boys are five times more likely to commit suicide than girls and are less likely to go to college, it's a problem we can't ignore any longer. She shares some of her insights with us here.

Let them play video games

Wiseman says video games are a vital way for boys to form friendships. It frustrates her that many parents judge a game as being too violent without knowing anything about it other than the rating. "If you don't know anything about the games your sons are playing, they aren't going to take you seriously," she says. "If you don't educate yourselves, you miss the opportunities to talk to them about real issues in video games."

Know when and how to get serious

One mistake Wiseman says parents often make: asking a ton of questions as soon as their sons gets home from school. "All the boys I talked to said it's exhausting to be interrogated right when they get home," she says. Let them relax and wait for the right opportunities.

Self-image

Boys have body image issues, too

"Boys are just as aware of who has a six-pack and who has man-boobs as girls are about who is flat and who has a big chest," Wiseman says. If you want to talk to your son about body image, Wiseman suggests finding a quiet time and saying something like, "This may not have happened to you, but I've noticed boys can tease each other sometimes about being heavy, and I want you to know that if that's happening to you or you see it happening, that's not OK." Starting a dialogue creates a safe space for talking about these issues.



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How new moms get #SkinnyLysscious

Second to brides, there's no group of women more motivated to lose weight and feel their best than new moms. Nutritionists at Foodtrainers, a service that helps people stay healthy, say many of their clients come to them for prenatal "Foodtraining." In these sessions, the nutritionists meet with women once a trimester to highlight all the important dos and don'ts. In the third trimester visit, they go over a shopping list.

The nutritionists take special care to ensure that nothing they recommend will be iffy or risky to the baby if the client is breastfeeding. They will also take into account other issues new mothers might face. For example, snacking on Health Warrior's chia bars is a mood booster and fights postpartum depression. And women who aren't producing enough milk can try eating oatmeal to bolster their supply.



One of the cornerstones of Foodtraining is planning, so they offer helpful lists for moms such as "Top 10 things to deal with while the baby naps."

And once the baby is sleeping a little more and you're green-lit to exercise, they will up the weight-loss ante a bit. Post-baby, they field more complaints about "mushiness" than anything else, so they employ "secret-weapon foods" that are known to decrease body fat. Lauren Slatton, founder of Foodtrainers, can't give away all of her secrets, but says you may want to shop for sunflower seeds the next time you're at the market.

When you start to venture out, use their "Little Book of Thin" as your guide, with tips such as "Be choosy when you're boozy."

There's no reason why nutrition or weight loss has to be miserable and boring, and Foodtrainers keeps it fun.

Postpartum



Treating your anxiety may lead to your baby crying less

A new Germany study found that women who had an anxiety disorder before becoming pregnant were more likely to have a baby that cried excessively compared with women without anxiety disorders. The lead researcher for the study says women who are pregnant and believe they may have anxiety should tell their OB/GYNs. Doctors can refer them to the appropriate mental health professionals. Talk therapy could be one option for treatment. **REUTERS**

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Horoscope

♌ Leo | July 23-Aug. 22.

Plan to have some fun today. If you have been taking life too seriously, spice things up.

♍ Virgo | Aug. 23-Sept. 22.

You can achieve good results if you network or combine business and pleasure. An unexpected proposal will lead to a new adventure.

♎ Libra | Sept. 23-Oct. 22.

Work on your to-do list and fix-it projects that are long overdue. Follow directions and don't scrimp on details. You can make your life more comfortable.

♏ Scorpio | Oct. 23-Nov.

21. Don't try to put on a brave front. Let your family in on what has been worrying you. They will be able to help clarify a situation.

♐ Sagittarius | Nov. 22-Dec. 21.

Play to win, but stick to the rules. Visit someone you haven't seen in a while. Gain a new perspective from discussions with a distant relative.

♑ Capricorn | Dec. 22-Jan.

20. Community activities will allow you the chance to hone your skills. You will increase the likelihood of meeting someone.

♒ Aquarius | Jan. 21-Feb.

18. Choose your friends carefully. Someone you know quite well will purposefully get you into trouble.

♓ Pisces | Feb. 19-March 20.

A career event will enable you to make some promising connections. Things are looking up in your personal life. Make plans with a special someone.

♈ Aries | March 21-April 20.

You have a take-charge attitude that will win you favor with friends and family. Your communication skills will help you defuse an unsettling issue.

♉ Taurus | April 21-May 21.

You will get quality results if you are a good listener. Attempting to dominate matters will alienate you.

♊ Gemini | May 22-June 20.

Don't give anyone the chance to meddle in your affairs. Keep your personal life private. You will meet someone interesting.

♋ Cancer | June 21-July 22.

By enhancing your looks, you will improve your self-esteem. Use your newfound confidence to your advantage, and plan a good time with friends.

BERNICE BEDE OSOL

Letters

Palestinians not so innocent

and launch facilities. The people of Gaza support Hamas. It is their elected government. They have earned the same fate as the citizens of Dresden, Tokyo and Hiroshima.

DANA HUDES, VIA EMAIL

No one cares about Bieber

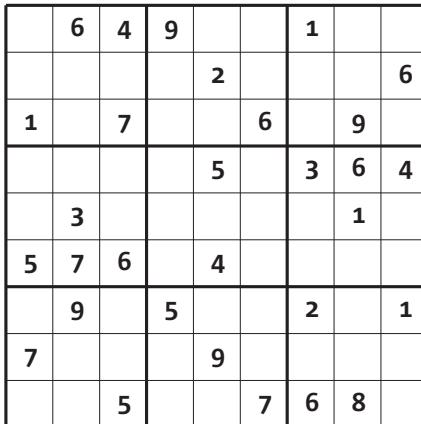
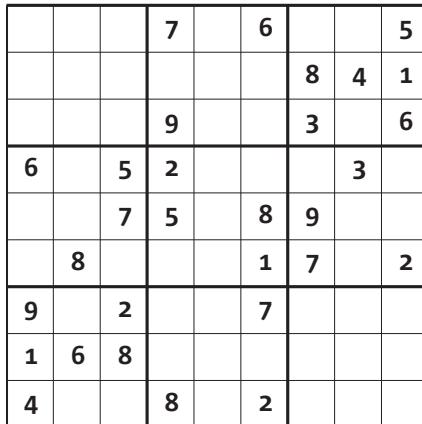
Re: 'Stop the bombs' (Metro, Aug. 4) Letter writer Christel Jorgenson is at best uninformed. Hamas continues to act to achieve its ultimate goal in accordance with its religious tenets: destruction of the State of Israel and the death of every Jew. After the 2012 Operation Cast Lead, again provoked by the incessant unprovoked, indiscriminate shelling of Israeli civilians by Hamas and other factions in Gaza, millions of dollars for reconstruction went to Gaza. Hamas diverted all the donated money, including aid from the U.S. Hamas is not content to use the homes and hospitals of their people as missile storage

THOMAS ROBERTSON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

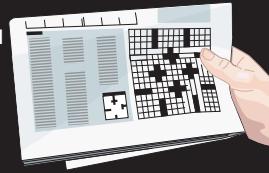


How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



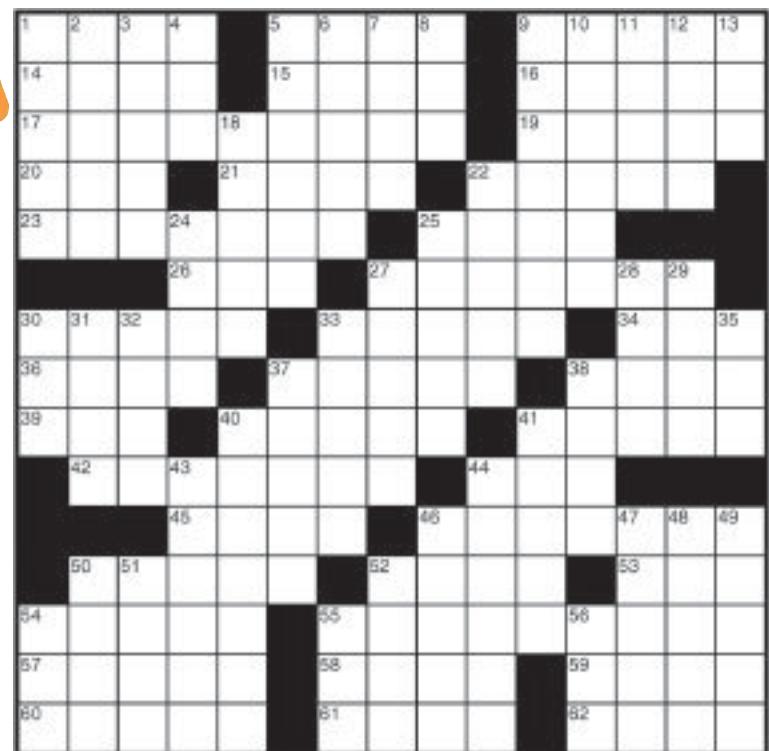
Crossword

Across

1 Bond girl — Adams
5 Jettison
9 Bluff
14 Ottoman title
15 Cruising, perhaps
16 Even larger
17 More arrogant
19 Wrestling venue
20 Showery mo.
21 "— it the truth!"
22 Liverpudlians, e.g.
23 Jumping
25 Zest for life
26 Joule fraction
27 Iota
30 Without exception
33 Single-handed
34 Dixie fighter
36 Bowling alley
37 Fire starter
38 Diva — Ponselle
39 Chow mein additive
40 Eccentric
41 Witty remarks
42 Foot pedal
44 Moray
45 Friend, of sorts
46 Loophole finders
50 Muscular
52 — noire
53 Mother rabbit
54 Prima —

55 Do for debts
57 Basso Simon —
58 Familiar auth.
59 Switch positions
60 Curt
61 Yin complement
62 Big Board letters

Down
1 Taj —
2 Slack-jawed
3 Kirk's lieutenant
4 Mr. Hammarskjold
5 Carbon-14 job
6 Imposing on
7 Shake hands
8 — for the course
9 Travesty
10 Enticing
11 " — the picture!"
12 Quagmires
13 Monastery dweller
18 Dangerous
22 Respond to sun glare
24 Dumas senior
25 Atlanta university
27 Metamorphic rock
28 Winged god
29 Twig shelter
30 Horror-flick street
31 Like the sky



Giants stock report

Which Giants players are struggling and which are on the rise two weeks into training camp?

We've hit the two-week mark of NFL training camps, and the Giants have even played one preseason game.

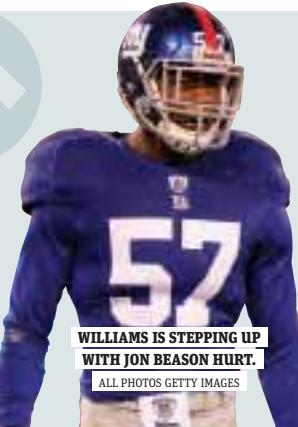
That means it's time to make some judgments on who's improving their standing at camp, while others slip down the depth chart.

Teams will have exactly three weeks from Tuesday to make their first round of roster cuts.

MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

Stock up: Jacquian Williams

Williams was the linebacker who stepped up Sunday as the Giants attempt to fill a void at the position. Granted he dropped his chance at a pick, but he read E.J. Manuel and was in position to make the play.



WILLIAMS IS STEPPING UP WITH JON BEASON HURT.

ALL PHOTOS GETTY IMAGES

Stock up: Andre Williams

Maybe the biggest winner — at least if you listen to Cris Collinsworth — in Sunday's Hall of Fame Game was running back Andre Williams. Collinsworth couldn't stop raving about the rookie fourth-round pick from Boston College, and despite being over-the-top Williams did look good. He had seven carries for 48 yards and a touchdown, stealing some of the spotlight from Rashad Jennings, who also looked strong.



WILLIAMS WILL LIKELY SEE MOST OF THE GOAL-LINE CARRIES IN 2014.

Walking away



DAVID WILSON
GETTY IMAGES

Wilson will retire from football

The Giants knew it wasn't good when David Wilson left practice last week with a neck injury, but the worst-possible outcome was delivered Monday afternoon. He will be shut down immediately, and his career is over after doctors advised him not to play again.

"I don't want anybody to feel sorry for me, or pity me," Wilson said in a statement. "I lived my dream. A lot of people only get to dream their dream. I lived that dream. Now I have a chance to dream another dream and live that, too."

The 2012 first-round pick suffered a neck injury in Week 5 last season and underwent offseason surgery. He had a recurrence of numbness after a hit last week. METRO

3

SPORTS



Franchise money

Dalton signs big deal

The Bengals apparently feel they have their QB of the future. The team inked signal-caller Andy Dalton to a six-year, \$115 million deal Monday. ESPN reports he will earn \$22 million guaranteed in the first six months, but much of the deal is unguaranteed later.



Stock down: Rueben Randle

Randle was expected to be the one who stepped up to replace Hakeem Nicks' production. He finished with six touchdowns and 41 catches last season, but hasn't taken the next step in camp and he had zero catches against Buffalo. He is really struggling with Ben McAdoo's new offense.

Stock down: Odell Beckham

Injuries happen, but they also stunt a player's growth. Beckham is in that position right now as he deals with a hamstring strain. Coughlin admitted he was frustrated with Beckham being out, and said he'll have to "earn the respect of your teammates" on the field.

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